



#### INSIDE THIS ISSUE

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#### Entrees at a Glance

01/01 CLOSED—NEW YEAR'S DAY  
 01/02 Meatloaf, Gravy, Parsley Potatoes  
 01/03 Veggie Nuggets w/ Rice  
 01/06 BBQ Chicken, Oven Brown Potatoes  
 01/07 Chicken Cordon Bleu, Rice Pilaf  
 01/08 Rotini & Meatballs  
 01/09 Roast Turkey, Stuffing, Gravy  
 01/10 Stuffed Cabbage, Mashed Potatoes  
 01/13 Sweet & Sour Chicken, Rice  
 01/14 Beef Stroganoff over Rotini  
 01/15 Chicken on Biscuit, Gravy, Mashed  
 01/16 Alaskan Pollock, Rice Pilaf  
 01/17 Stuffed Shells in Tomato Sauce  
 01/20 CLOSED MARTIN LUTHER KING DAY  
 01/21 Swedish Meatballs, Rotini Pasta  
 01/22 Salisbury Steak, Gravy, Sweet Pot  
 01/23 Chili Con Carne, Rice, Mexicali Corn  
 01/24 Lemon Chicken, Oven Brown Pot  
 01/27 Lemon Pepper Fish, Mac & Cheese  
 01/28 Ital Sausage, Pepper, Onion Hoagie  
 01/29 Ham & Cheese on Rye, Potato Salad  
 01/30 Stuffed Chicken w/ Broccoli  
 01/31 Grilled Chicken Breast, Coleslaw

**SALAD BAR—Thurs. & Fri.**



**Tax Preparation by AARP Tax Counselors will begin in February 2014. The start date has not yet been announced by them. Taxes will be prepared by appointment only. Look for the February Newsletter issue for more information.**

## *Pike County Area Agency on Aging*

### **Breakfast with Mr. & Mrs. Santa**



**A snowy day couldn't keep kids away from their Breakfast with Mr. & Mrs. Santa. Here 7 year old Charles and his 5 year old brother Gabriel share a lap, and their Christmas list with Santa. All enjoyed a hearty breakfast of their choice.**

### **HEALTHY STEPS IN MOTION IS COMING IN FEBRUARY**



#### **Free Exercise Class for Seniors**

It is an exercise program that incorporates warm-up, balance, weight resistance / strength training and cool down segments as its program foundation. HSIM was designated by the Pennsylvania Department of Aging and is sponsored by the Pike County Area Agency on Aging. The program is offered to area older adults at NO COST.

**When:** February 18th to April 10, 2014—Every Tuesday & Thursday

**Where:** Blooming Grove Senior Center, 150 Pike County Blvd,  
 Lords Valley

**Time:** 12:00 to 1:00 pm

We are now taking registration: Please call: 570-775-5550

Be sure to check our February Newsletter for more information.

Happy New Year!

Welcome back to reality. Put your New Year's resolutions to work.

#1 lose weight #2 get organized #3 stop smoking/drinking

These are the top three resolutions every year. Does that make you wonder about our will power or ability to focus? (see Tai Chi at the Centers for some help with that)

We here, are gripping our shovels for the next snow fall. Why does January go so slow? I am excited for the new year, but also melancholy for all that has passed us in the former year. All of the hopefulness of lottery winnings, 15lb weight loss, and better hearing to name a few, have all gone unacknowledged.

We must, pick our-selves up and move on (no one is wearing boots with straps anymore, sorry) Look for the good in what is around us and be satisfied. If I hear "reinvent yourself" one more time I'll scream, but more so we should re-model what we told ourselves we were aspiring too. Disappointment does not do anybody any good. One should change the goal to achievable, meet it, and then add on the next. Keep your eyes on the stars, but your feet on the ground (who said that? First one who tells me, I'll buy lunch).

Winter weather has brought all of the usual issues, (yeah yeah its pretty and all...but!) The heating bills are up, the driveway or walkways are a mess and the never ending shoveling and cindering for safety and access. Don't forget fire prevention and change your smoke alarm batteries. We had the pleasure of having the Blooming Grove Fire dept. provide some keen insight as to what to do in case of, but mostly how to avoid a house fire. We hope to have a presentation at all three centers. For any safety tips you can do to your home check out: [http://www.usfa.fema.gov/citizens/home\\_fire\\_prev/](http://www.usfa.fema.gov/citizens/home_fire_prev/)

Our four year plan goal measurements are due. I will be providing feedback on how Pike AAA measured up! Some quick stats for 2013: We have done approximately 26,210 home delivered meals, and 10,000 congregate meals, with 197 people who participated in congregate dining. Also, 52 reports of need and overall, 934 seniors were served this past year!



## PAPAYA



### Nutritional Benefits of Papaya

- 1 Papaya gives you glowing skin**—Papaya's nutrition facts are beneficial against skin infections. Papayas are mostly used in face packs. Fresh papayas possess dead cell dissolving ability that gives you a perfectly glowing skin.
- 2 Helps in digestion**—It is full of digestive supplements, so next time your stomach is upset, have papaya.
- 3 Papaya leaves increase the appetite in your body**—Blended papaya leaves in Luke warm water increases appetite.
- 4 It heals wounds and prevents from blood clots**—An active enzyme fibrin is found in papaya. It helps in digestion & also prevents blood clots. It acts as healing agent for external and internal wounds as well.
- 5 It controls bowel movements**—Papaya & its seeds possess anti-amoebic & anti-parasitic characters which controls bowel movements, indigestion, constipation, acid reflux, heart burn, irritable bowel syndrome, stomach ulcers & gastric problems also.
- 6 It has anti cancer properties**—It contains Flavonoid contents which act as antioxidants for your body which include beta carotene, lutein, zeaxanthin, cryptoxanthin to prevent cancer. Fruits which contain carotenes protects from lung & oral cavity cancers, by controlling the production of oxygen free radicals which cause harm to body.
- 7 It protects the heart**—Potassium, present in fresh papayas helps regulate cells body fluids, & controls flow of blood to maintain proper blood pressure, & regulates harmful sodium effects inside the body. So it protects your heart.
- 8. It is used for weight loss treatment**—Papayas are very low in calories with lot of vitamin contents, essential nutrients, minerals. They contain Vitamin C, E & A, folate, it also gives only 39 calories per a 100 gram. Presence of antioxidants burns your calorie down & extra fat deposits. So you can have a healthy breakfast with papaya. Papaya's nutrition benefits are amazing, you can eat it as in salads, juice. The cocktails of papaya have lot of health benefits.

SO EAT YOUR PAPAYA EVERYDAY!

Read more: <http://whatthefact.com/nutrition-facts-of-papaya/#ixzz2md6g4paC>

Happy New Year !

**VOLUNTEERS**

2013 is over and the New Year begins 2014!

A Great Big Thank You to all for all the hours of volunteering with  
Pike County Area Agency on Aging.

Pike County Area Agency on Aging volunteers have been the back  
bone of so many activities this year. The areas of volunteering we offer  
whether it is Tax preparation, packing or serving meals, or calling bingo  
at our centers, every one of you are special.

This year offers a blank canvas to make the New Year what we want  
it to be. Choose your paints carefully, and spread your colors wisely.  
May you stay between the lines and have a Happy and Health New Year.

Thanking you for all you do.

*Come join the gang, & volunteer!*

*Call me 570-775-5550 ext. 1303*

*Share your Smile Sue Van Orden*



## De-Stress our Caregivers



The Pike Count Area Agency on Aging has rescheduled our “De-Stress our Caregivers” event to  
January 6, 2014, from 12:30—3:00 pm for a LINK presentation on  
“Ways to relieve your Stress.”

It will be held at the Communications Center—135 Pike County Blvd., in the Pike County Com-  
plex, Hawley, PA 18428

Speakers will be: \*Lana Romeo—Certified CDMSP trainer,

\*Caryn Capparelli—Right Track Lifetrack Corp. SOS...Systems of Support, who will be speaking  
on “Anger and Frustration.”

Learn necessary calming, coping & defusing techniques.

\*Maya Mary Hebert of “Mayasblends” will speak on how Essential oils can help relieve stress.

Please RSVP: ASAP

Barbara Leary, Admin. Officer — 570-775-5550 or 1-800-233-8911 — or email: [bleary@pikepa.org](mailto:bleary@pikepa.org)

The LINK is a connection to resources for those 18 – 59 with disabilities, and for Pike County Senior citizens 60 and up, disabled or not.

## Getting Help with the Heating Bill

Contact your heating company (electric, natural gas or heating fuel company) as soon as possible with your most recent bill in hand and explain that you are having difficulty paying the bill. The utility company will either send you an application form for their assistance program or decide if you're eligible over the phone. Call the Stay Warm hotline at: 1-866-550-4355 for information on programs for which you may qualify. Visit their website at: [www.turnsealsave.org](http://www.turnsealsave.org)

### **Descriptions of Assistance Programs for which you may qualify through your Utility Company:**

#### **\*See Utility list below**

#### **1. Customer Assistance Programs (CAP): Customer Assistance and Referral Evaluation Services (CARES)**

Special needs customers who are experiencing family emergencies, divorce, unemployment, or medical emergencies. The program's goal is to provide support and direction to help customers pay their utility bill.

**2. HARDSHIP FUNDS:** Hardship Funds are emergency funds to help customers who have suffered a recent financial hardship and need temporary help in paying their utility bill.

#### **3. LIHEAP—Low Income Home Energy Assistance Program ,Through The Department of Welfare— see below**

**4. Weatherization Assistance Program (WAP)** provides qualified low-income customers free weatherization and education programs to help customers save energy and money. The main activities are installing energy saving devices and educating family members on their energy use. Call **1-866-466-3972** for details.

**5. Low Income Usage Reduction Program (LIURP) also known as Smart Comfort, WARM Program, WRAP, or WARM Choice— through your utility company:** LIURPs help you reduce the amount of energy you use, thereby reducing your overall energy bills.

If you qualify, you will receive an energy audit and, based on the audit, you may receive the installation of free energy conservation measures to help reduce your household's energy consumption.

#### **\*Here are some helpful utility company phone numbers:**

##### **ELECTRIC:**

Met-Ed: 1-800-393-7600

PPL: 1-800-358-6623

##### **GAS:**

UGI Penn Natural Gas: 800-652-0550

Agway: 888-982-4929

Eastern Propane: 570-226-3771

Combined Energy: 570-828-1700

Modern Gas: 570-457-5300

Pennywise: 570-775-0800

Suburban Propane: 800-776-7263

##### **OIL:**

Bottini: 845-744-2311

Paupack Fuel: 570-226-4823

Jess Oil: 570-491-4555

Pocono Oil: 570-424-1900

##### **FREE CELL PHONES**

If you do not have phone service and need a cell phone, two companies are available for free cell phone service (only 1 per family) for seniors. Check income eligibility.

[www.assurancewireless.com](http://www.assurancewireless.com)—or Phone: 877-209-6544

Free phone—250 free minutes per month & 250 free texts

[www.safelinkwireless.com](http://www.safelinkwireless.com)— or Phone: 800-723-3546

Free phone—250 free minutes—1000 free texts f

#### **Cash, Crisis & Winterization Programs—150% of FPIG Income**

##### **Guidelines for homeowners & Renters**

##### **Household size / Max. Income      Household size / Max. Income**

1. \$1,436.25      \$17,235      6. \$3,948.75      \$47,385

2. \$1,938.75      \$23,265      7. \$4,451.25      \$53,415

3. \$2,441.25      \$29,295      8. \$4,953.75      \$59,445

4. \$2,943.75      \$35,325      9. \$5,456.25      \$65,475

5. \$3,446.25      \$41,355      10. \$5,958.75      \$71,505

Each Addition Person Add \$6,030

Remember to include with the application:

\*Social Security numbers for all household members

\*Income from the month prior to month of application (example: August application needs July income)

\*Utility bill dated within 2 months of application /

Deliverable Fuel bill dated 01/01/13 or later.

**DPW Assistance / LIHEAP hotline: 1-866-857-7095**

**Apply online: [www.compass.state.pa.us](http://www.compass.state.pa.us) - or call 866-267-9181**

##### **Cash Component**

\* Opening date 11/4/2013

\* Closing date 4/4/2014

\* Minimum benefit amount of \$100

\* Maximum benefit amount of \$1000

##### **\*Crisis Exceptional Pay\***

\*Opening date 11/4/2013

\*Closed 1/1/2014

\*Minimum benefit amount of \$25

\*Maximum benefit amount of \$500

##### **\*Crisis Component \***

\* Opening date 1/2/2014

\*Closing date 4/4/2014

\*Minimum benefit amount of \$25












\*Maximum benefit amount \$500

**Total Crisis Exceptional Pay & Crisis can't exceed \$500**





## JANUARY 2014 Delaware Twp. Center 9am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
Every 1st Friday of the Month Blood Pressure & Speaker –Quality HC	Yoga w/ Pam will be every 2nd & 4th <u>Tuesdays</u> & 4th Friday 	1 CLOSED 	2 CLOSED Shopping 	3 Bingo, Cards Games BP / Speaker Quality HC
6 Closed Medical Transport	7 Games & Cards	8 Bingo, Games, Cards	9 CLOSED Shopping 	10 Bingo, Cards Games
13 Closed Medical Transport	14 Games & Cards Yoga w/ Pam 	15 Bingo, Games, Cards	16 CLOSED Shopping 	17 Bingo, Cards Games
20 Closed 	21 Games & Cards John Gilpin—Treasurer Dog Licenses 11:00	22 Bingo, Games, Cards	23 CLOSED Shopping 	24 Bingo, Cards Games Yoga w/ Pam 
27 Closed Medical Transport	28 Games & Cards Yoga w/ Pam 	29 Bingo, Games, Cards	30 CLOSED Shopping 	31 Bingo, Cards Games

## JANUARY 2014 Lackawaxen / Shohola Township 9am—2pm

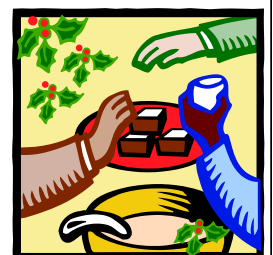
EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Exercise with Dorothy Cards & Games Lunch CLOSED 1/20/14 for MLK Day 	Exercise with Lana@ 12:30 Cards & Games Lunch CLOSED 1/1/14—NEW YEARS DAY 	Cards & Games & Bingo Exercise with Annette Lunch

Please note: If you plan on coming to the Lackawaxen Senior Center for exercise, please call to confirm that there will be exercise at the center on that day. Call: 570-685-7808



### THANK YOU VOLUNTEERS

I wish to thank all my wonderful volunteers for making the Christmas Party a huge success. I appreciate all of your hard work. As always you are the best! ~Lea Langer



Get a copy of our Newsletter **FREE** online, receive updated Senior Center information, & downloadable forms visit: [www.pikeaaa.org](http://www.pikeaaa.org)

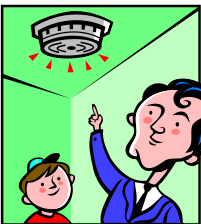





### SOCIAL SECURITY SCRANTON & STROUDSBURG OFFICES NEW HOURS

Social Security offices in Scranton and Stroudsburg's new hours: 9am—3 pm Mon, Tues, Thurs, Fri.-Wed. close at 12



## JANUARY 2014 Blooming Grove Activities
















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>New Year's Day is a good day to remember to check that your smoke detectors are working properly</p>	<p>Remember to replace the battery</p> 	<p>1 <b>CLOSED</b></p> 	<p>2 Exercise w/Lana Arts &amp; Crafts &amp; Bingo Wii bowling practice Blood Pressure Tai Chi @ 12</p>	<p>3 Arts &amp; Crafts Cards</p>
<p>6 Medical Transport "De-stress our Caregivers" - 12:30—3:00 pm 911 Center 135 Pike Cty Blvd</p>	<p>7 <b>BIGGER SHOPPING</b> Arts &amp; Crafts &amp; Chorus Exercise w/Lana</p> 	<p>8 <b>BIGGER SHOPPING</b> Cards Dominoes &amp; Rummikube, Bingo</p> 	<p>9 <b>BIGGER SHOPPING</b> Arts &amp; Crafts &amp; Bingo Wii bowling practice Happy Hookers Crochet Tai Chi @ 12</p> 	<p>10 Arts &amp; Crafts Cards</p>
<p>13 Medical Transport Monday's Angels Alzheimer's Support 1:30pm</p>	<p>14 Arts &amp; Crafts &amp; Chorus Exercise w/Lana Speaker Anger Mgmt. &amp; Stress 10:45—11:45</p>	<p>16 Cards, Dominoes &amp; Rummikube &amp; Bingo <b>Grief Support 10:30</b> <b>Blood Pressure</b> John Gilpin—Treasurer Dog Licenses 11:00</p>	<p>17 Exercise w/Lana Arts &amp; Crafts &amp; Bingo Wii bowling practice Tai Chi @ 12</p>	<p>18 Arts &amp; Crafts Cards</p>
<p>20 <b>CLOSED</b></p> 	<p>21 VA Rep @ 9 Arts &amp; Crafts &amp; Chorus Exercise w/Lana Advisory Board 12:30</p>	<p>22 Cards, Dominoes &amp; Rummikube &amp; Bingo</p>	<p>23 Exercise w/Lana Arts &amp; Crafts &amp; Bingo Wii bowling practice Tai Chi @ 12</p>	<p>24 Arts &amp; Crafts Cards</p>
<p>27 Medical Transport</p>	<p>28 Arts &amp; Crafts &amp; Chorus Exercise w/Lana</p>	<p>29 Cards, Dominoes &amp; Rummikube &amp; Bingo</p>	<p>30 Exercise w/Lana Arts &amp; Crafts &amp; Bingo Wii bowling practice Tai Chi @ 12</p>	<p>31 Arts &amp; Crafts Cards</p>

**Seniors Are Our First Priority**

# JANUARY Lunch Menu

## Salad Bar Days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Wise choices—First Aid for Burns </p> <p>1. Immerse in fresh cool water or apply cool compresses for 15—20 minutes</p> <p>2. Dry area and cover with sterile gauze or non adhesive bandages.</p> <p>3. Don't apply butter or ointments, they may cause infection.</p> <p>4. Don't break blisters &amp; take OTC pain meds.</p>		<p>1 <b>CLOSED</b></p> 	<p>2</p> <p>Orange Juice Meatloaf &amp; Gravy Parsley Potatoes Succotash Whole Wheat Bread Granola Bar</p> 	<p>3</p> <p>Minestrone Soup Veggie Nuggets Rice with Peas &amp; Carrots Dinner Roll Pistachio Pudding</p> 
<p>6</p> <p>Red Beets &amp; onions BBQ Chicken Oven Brown Potatoes Carrots Dinner Roll Jell-O</p>	<p>7</p> <p>Waldorf Salad Chicken Cordon Bleu w/ Gravy Rice Pilaf green beans Wheat Bread Peaches</p>	<p>8</p> <p>Tossed Salad Rotini &amp; Meatballs with tomato Sauce Italian Green Beans Italian Bread fresh fruit</p>	<p>9</p> <p>Sweet Potato Bisque Roast Turkey w/ Stuffing &amp; Gravy Mashed Potatoes Mixed Veg Cranberry Sauce Fruit Crisp</p> 	<p>10</p> <p>Three Bean Saad Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple sauce</p> 
<p>13</p> <p>Grape Juice Sweet &amp; Sour Chicken with Rice Stir Fry Vegetables Rye Bread Fresh Fruit</p>	<p>14</p> <p>Split Pea Soup Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Ice cream</p>	<p>15</p> <p>Red Cabbage Salad Chicken on a Biscuit with vegetables and gravy Mashed Potatoes Pears</p>	<p>16</p> <p>Cucumber Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges</p> 	<p>17</p> <p>Tomato Orzo Soup Stuffed Shells w/ Tomato Sauce Italian Green Beans Italian Bread  Vanilla Pudding</p>
<p>20 <b>CLOSED</b></p> 	<p>21</p> <p>Tossed Salad Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapple</p>	<p>22</p> <p>Beer Barley Soup Salisbury Steak with Gravy Sweet Potatoes Peas Wheat Bread Chocolate Cake</p>	<p>23</p> <p>Carrot Raisin Salad Chili Con Carne Rice Mexicali Corn Cornbread Fresh Fruit</p> 	<p>24</p> <p>Red Beets &amp; onions Lemon Chicken Oven Brown Potatoes Zucchini &amp; Tomatoes Wheat Bread Chocolate Pudding</p> 
<p>27</p> <p>Broccoli &amp; Chickpeas Lemon Pepper Fish Macaroni &amp; Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O</p>	<p>28</p> <p>Cottage Cheese/ Fruit Italian Sausage Peppers &amp; Onions Hoagie Roll Potatoes Calabrese Oatmeal cookies</p>	<p>29</p> <p>Lentil Soup Ham &amp; Cheese on Rye W/Lettuce/tomato potato salad Fresh fruit</p>	<p>30</p> <p>Cranberry Juice Stuffed Chicken with Broccoli Sweet Potatoes Rye Bread fruit cocktail</p> 	<p>31</p> <p>Spice cake Wheat bread Green Beans Rice Grilled Chicken Breast Coleslaw (Its backwards Day)</p> 

# EVENTS and PROGRAMS



## TIME IS RUNNING OUT!

Medicare OPEN ENROLLMENT CLOSED ON DECEMBER 7, 2013

NOTE: **IF YOU HAVE MEDICARE ADVANTAGE** and do not make changes before Dec. 7th, you will be able to drop your Advantage plan between Jan. 1 and Feb. 14, 2014 to enroll in original Medicare and/or a stand-alone prescription drug plan, and/or a Medigap (supplement) plan. That is the **ONLY** change you can make during this Medicare Advantage Disenrollment Period. (You will **NOT** be able to change to another Advantage Plan until next open enrollment in 2014.)

PROGRAM	MONTHLY INCOME	ASSETS
QMB	\$958-Single \$1,293-Couple	\$7,080-Single \$10,620-Couple
SLMB	\$1,150 Single \$1,552-Couple	\$7,080-Single \$10,620-Couple
QI-1	\$1,294-Single \$1,746-Couple	\$7,080-Single \$10,620-Couple

### Low Income Subsidy/Extra Help —

Pays for the Medicare Part D premium, lowers co pays and may eliminate the coverage gap.

PROGRAM	MONTHLY INCOME	ASSETS
Extra Help LIS	\$1,436—Single \$1,939—Couple	\$13,300—Single \$26,580—Couple



### **Mary Bach, Consumer Advocate and Chair of AARP**

Consumer Issues task Force. She was a presenter at the Quarterly this month in Gettysburg. She provided a wealth of information on how important it is for people to 1. Read their receipt and know what is taxable and non-taxable. She has won dozens of law suits on failure to appropriately apply the PA Tax code to items such as Zippers, bedroom slippers, and other items interpreted as "clothing" or crafts, etc. She also brought to the attention the shrinking of many of our day-to-day products such as coffee (once 16oz. can is now same size, yet hold only 10-11 oz. of actual coffee grounds. She has written books and appeared on many national TV and Radio Shows. R



## Do you need help from Veterans Affairs?



There is a representative here at the Blooming Grove Senior Center every third Tuesday of the month from 8:30 am—12:30 pm. He is also at the Lake Wallenpaupack Visitors Center every first Tuesday of the month. Pike You can call Pierce Bunce at his office on 514 Broad Street, Milford, PA 18337 (570) 296-3563. The office hours are: 8:30—4:30 Monday through Thursday.



# EVENTS and PROGRAMS



**SMALL JOBS CREW IS AN ACT OF KINDNESS**  
In need of help with small jobs? General maintenance projects, yard work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help. Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others. Please contact us with your information and needs and we will be happy to assist.

Contact : Gary and Kim Wyler—570-226-0554



## NEED HELP? GET HELP!

**CARIE:** [www.carie.org](http://www.carie.org)—Help to resolve senior issues— 800-356-3606

**APPRISE:** Heath ins. counseling for older adults—800-783-7067

**BENEFITS CHECK UP:** [www.benefitscheckup.org](http://www.benefitscheckup.org) - Online service helps older adults find out if they are eligible for private or public benefits.

**PA DEPT OF PUBLIC WELFARE:** [www.dpw.state.pa.us](http://www.dpw.state.pa.us)—800-693-7462. supportive services & programs—all ages.

**PA ATTORNEY GENERAL:** [www.attorneygeneral.gov](http://www.attorneygeneral.gov)—800-441-2555— Consumer Complaints



## TAI CHI CLASS COMES TO BLOOMING GROVE

Tai Chi Instructor Elmer Norman gave his first Tai Chi class on Tuesday, December 3rd. Tai Chi is a Chinese exercise characterized by a series of very slow & deliberate body movements , as well as a form of martial art and healing art. Tai Chi is a self healing system of slow, graceful exercises that combine movement, meditation & rhythmic breathing to improve the flow of chi which is thought to prevent illness & improve well being. Research suggests that Tai Chi may reduce stress, lower blood pressure & help older adults by improving posture, balance, muscle tone, flexibility & Strength. Going forward every Thursday we will have Tai Chi as a regular exercise taught by Mr. Norman. Please come & try it. Looking forward to seeing you

Thanks, Lana

## Injury Prevention in the Winter

Shoveling snow poses another serious risk this winter season. Soft tissue injuries of ligaments and muscles, especially in the lower back, are common from the heavy lifting, bending and twisting. Broken bones, most commonly in hands and arms, are also seen. If you have heart trouble, just walking in heavy snow or slush when it's cold can put a significant strain on your heart, let alone shoveling it. Lessen your chances of getting hurt while shoveling snow: Pace yourself and take frequent breaks—Wear slip-resistant boots and dress accordingly—Try pushing the snow as opposed to lifting it or twisting and throwing it over your shoulders—It's important to listen to your body and stop immediately if you get short of breath, start sweating profusely, or have chest pain. For those who think using a snow blower poses no risk, serious hand injuries and finger amputations are seen in the ER every winter.

**Pike County Area Agency on Aging**  
**150 Pike County Blvd.**  
**Hawley PA 18428**



**DO NOT CALL  
REGISTRY**

If you would to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry either by calling: 1-888-382-1222 or go on line to: [www.donotcall.gov](http://www.donotcall.gov)

**Senior Law Center**

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at: 877-727-7529

**Non-Profit mailer**

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: [lhunt@pikepa.org](mailto:lhunt@pikepa.org), and get your newsletter sent right to your email address for **FREE**—Save time and money!

**[www.pikeaaa.org](http://www.pikeaaa.org)**

**Where to Find Information About the Medicare Plans Available in your County:**

- \* Medicare & You 2014 Handbook
- \* [www.medicare.gov](http://www.medicare.gov) Call APPRISE at: 1-800-783-7067
- \* Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- \* Or call us at: 570-775-5550 for an appointment to assist you

***Pike County Area Agency on Aging***

**Blooming Grove Center 150 Pike County Blvd., Hawley, PA 18428**

**(Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)**

**Office Hours: Monday through Friday - 8am to 4pm**

**Center Hours: Monday through Friday 9am to 4pm**

**Delaware Township Center, 116 Wilson Hill Rd., Dingmans Ferry, Pa 18328 (Phone 570-828-8494)**

**Tuesday, Wednesday & Friday 9am to 3pm**

**Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday & Wednesday and Thursday 9am to 2pm (Phone-570-685-7808)**

**Executive Director - Robin S. LoDolce E-Mail: [rlodolce@pikepa.org](mailto:rlodolce@pikepa.org)**

**Waiver Supervisor- Rene Bernatzky**

**Nutrition Site Managers- Cherie Bland, Lea Langer & Barbara Paschell**

**Activity & Program Director & Prime Time Health Coordinator - Lana Romeo**

**Advisory Council**

Chairperson: Norma Goldner \* Karl A. Wagner, Jr., Commissioner Representative \* Doris Bannon \* Charlotte Bell \*

Jeanne Carlstedt \* Patricia Crane\* Jacqueline Eadicicco \* Georgiana Ehrlich \* Joe Fortin\* George Kanfer\*

Marianne McMillin \* Ethel Musselwhite \* Joe Shevlin \* Catherine Steele \* Rita Tepperman\* Richard Siss\*

Pike County Commissioners - Richard A. Caridi \* Matt Osterberg\* Karl A. Wagner, Jr.\*

**24hr. Elder Abuse Hotline: 1-800-233-8911**

**Pike County Transportation Hours 7:30am—3:30pm Phone 570-296-3408 Toll Free: 1-866-681-4947**

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